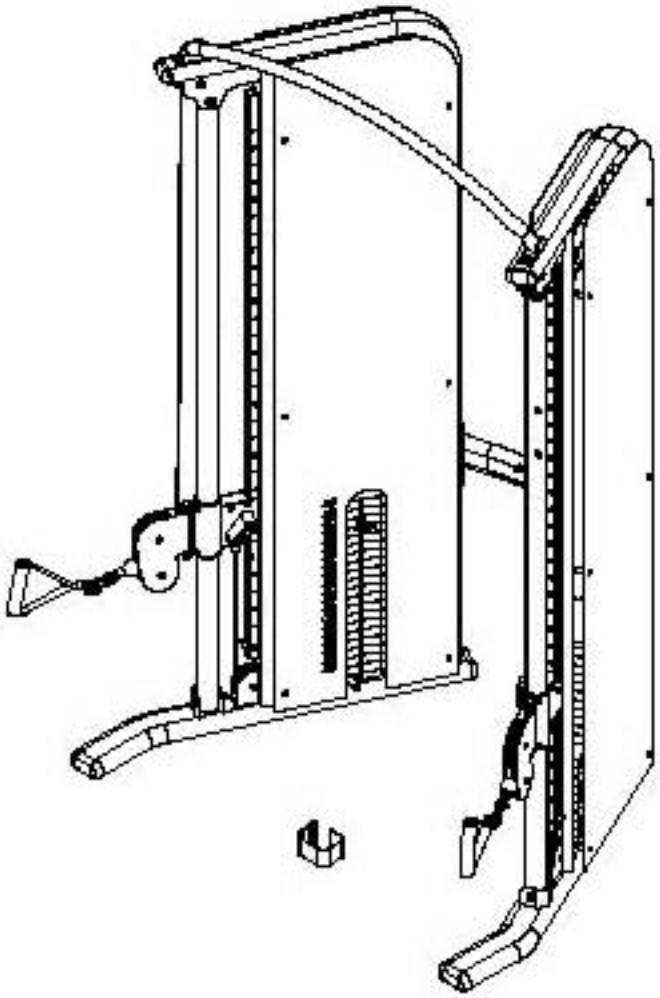
BODYCRAFT

PFT CABLE GYM
INSTRUCTION MANUAL



QUESTION?

As a quality home gym supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or BODYCRAFT at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.

We stand behind our products. Every piece, every part of this BODYCRAFT strength training system is guaranteed for as long as you own it. We will repair or replace anything that goes wrong.

Bodycraft is a division of Recreation Supply Inc.
P.O. BOX 181
Sunbury, OH 43074

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BEFORE YOU BEGIN

Congratulations and thank you for selecting the **BODYCRAFT PFT CABLE GYM** strength training system. The **BODYCRAFT PFT CABLE GYM** offers an impressive array of strength training exercises to develop every major muscle group of the body.

Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **BODYCRAFT PFT CABLE GYM** will help you achieve the specific results you want.

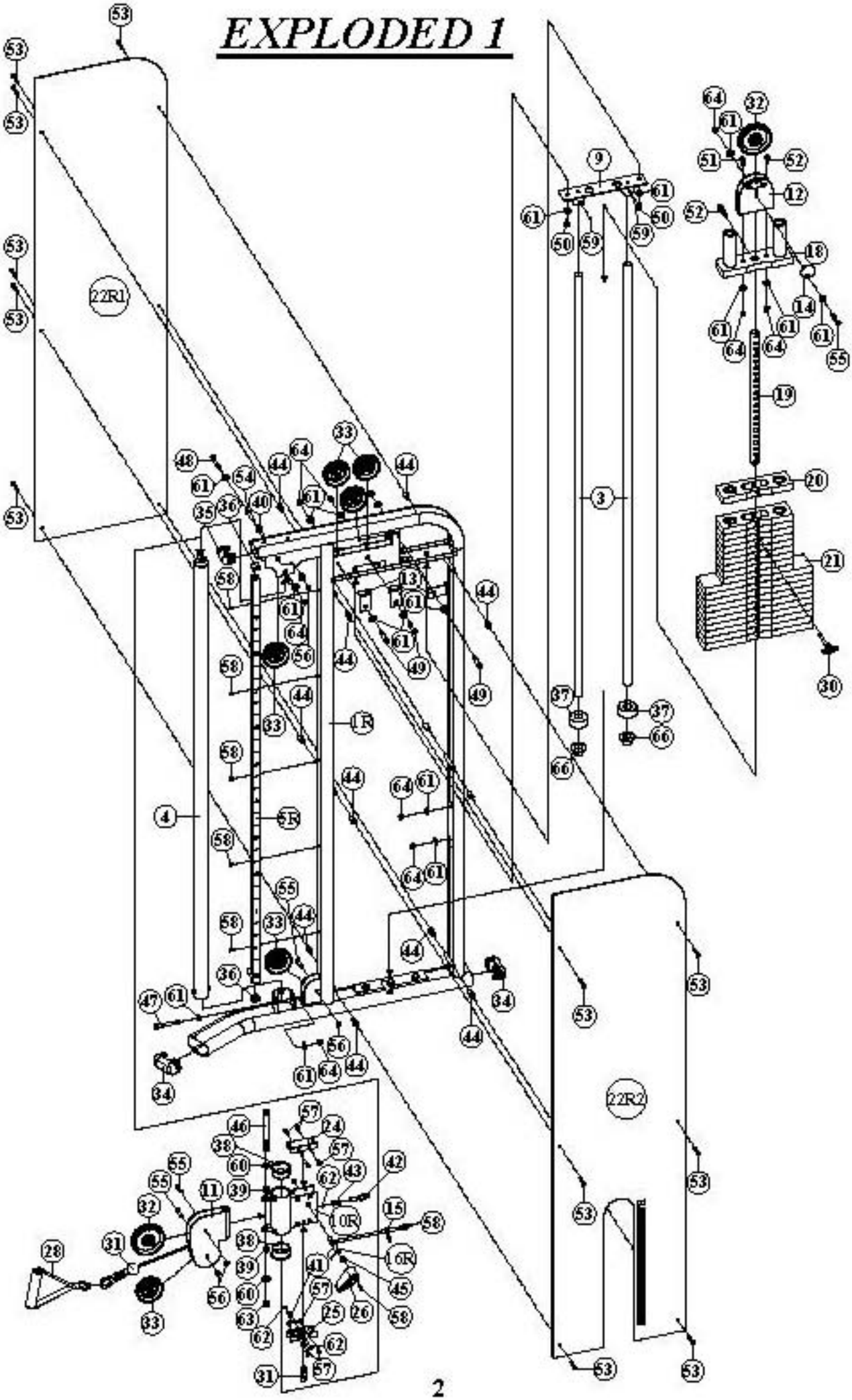
For your safety and benefit, read this manual and the accompanying literature before using the BODYCRAFT PFT CABLE GYM. Keep this manual for future reference. If you have additional questions, please call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

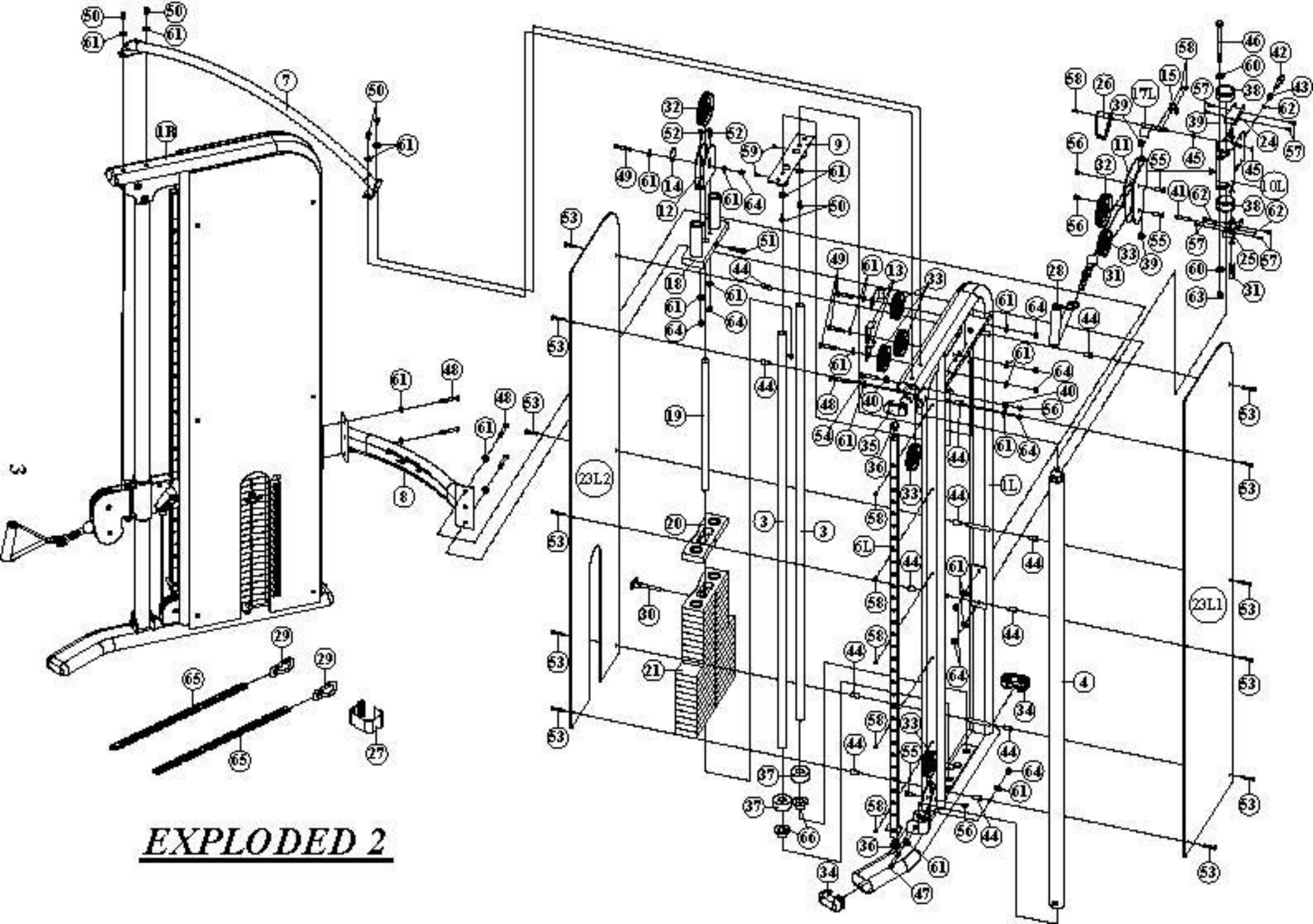
IMPORTANT SAFETY NOTES

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. Keep children away from the **BODYCRAFT PFT CABLE GYM** at all times.
5. Keep your hands away from cables and pulleys during operation. Keep your hands away from moving parts other than the designated handles.
6. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.
7. Make certain all cables are seated within the pulleys before every use.
8. Exercise with care to avoid injury.
9. If unsure about the proper use of the **BODYCRAFT PFT CABLE GYM** strength training system call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

EXPLODED 1

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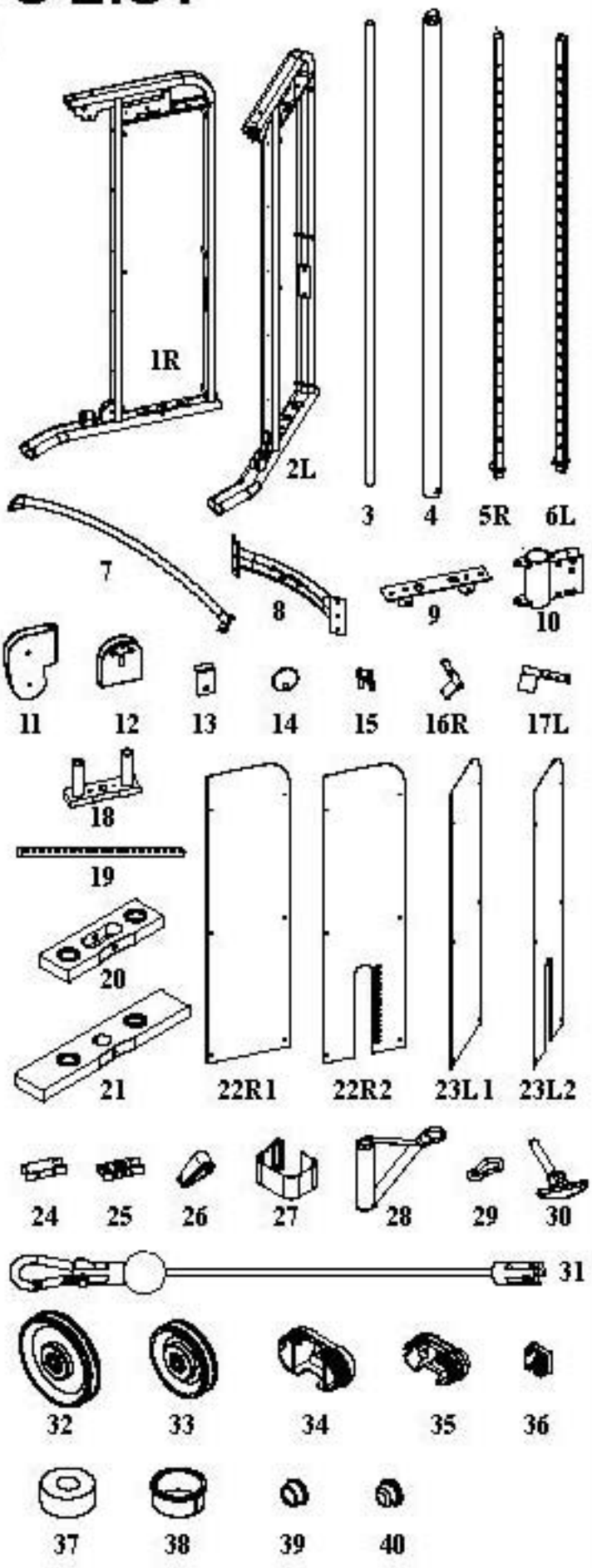
EXPLODED 2

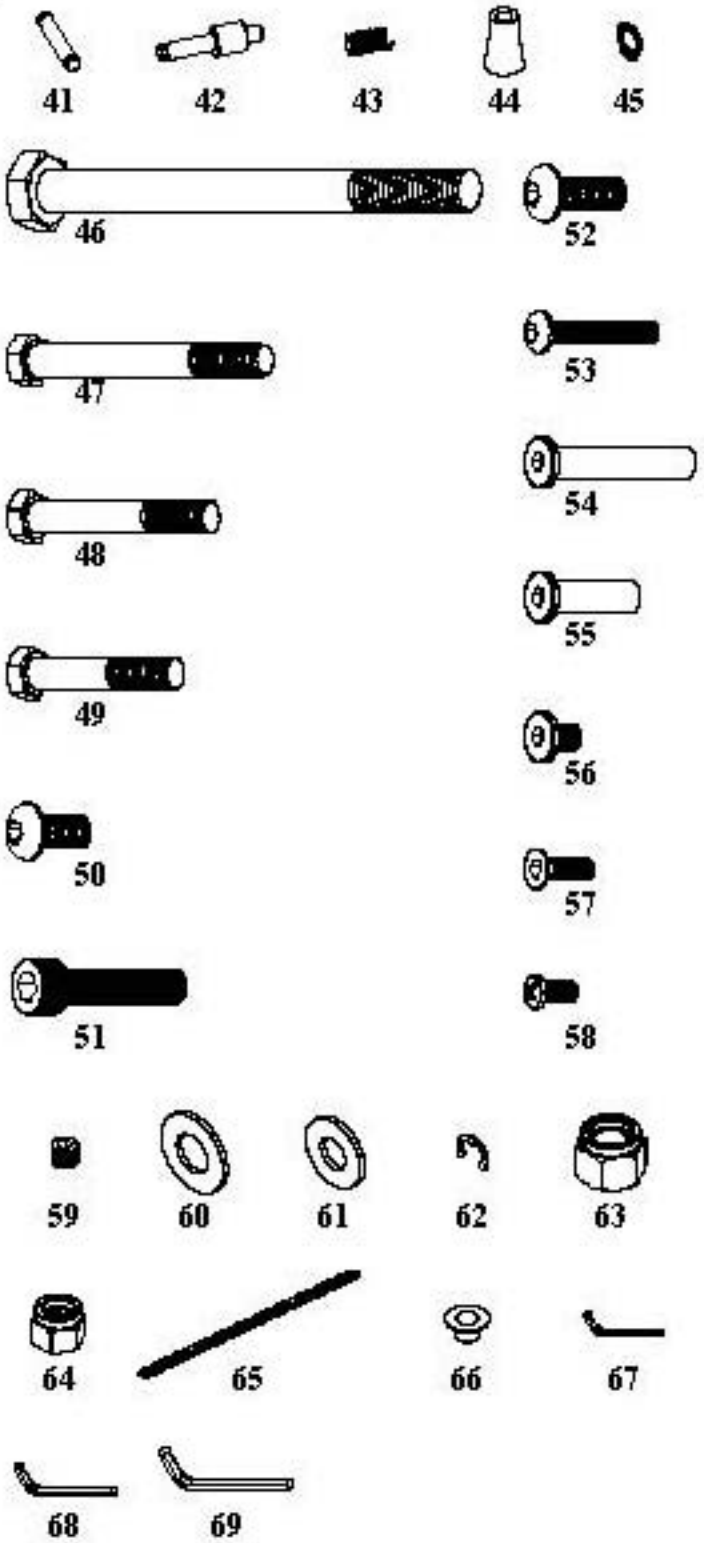
PARTS LIST

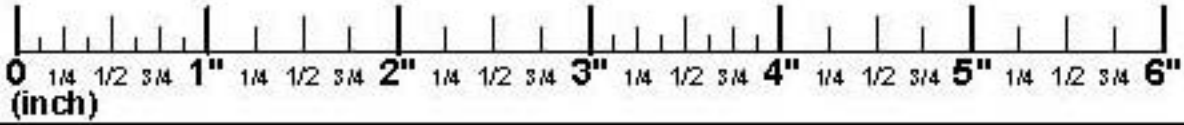
NO.	DESCRIPTION	QTY.
1R	RIGHT MAIN UPRIGHT	1
2L	LEFT MAIN UPRIGHT	1
3	GUIDE ROD	4
4	CABLE ADJUSTING CONNECTOR	2
5R	RIGHT HEIGHT TRACK (pre-assembled)	1
6L	LEFT HEIGHT TRACK (pre-assembled)	1
7	CHIP UP BAR	1
8	MID CROSS CONNECTOR	1
9	TOP GUIDE ROD HOLDER	2
10	CABLE HEIGHT ADJUSTER ASSEMBLY	2
11	REVOLVING CABLE BRACKET	2
12	PULLEY BLOCK	2
13	PULLEY GUIDE BRACKET	6
14	CAP (pre-assembled)	2
15	HINGE (pre-assembled)	2
16R	RIGHT LOCK ADJUSTING LEVER	1
17L	LEFT LOCK ADJUSTING LEVER	1
18	TOP PLATE	2
19	SELECTOR ROD	2
20	5LBS. WEIGHT PLATE	20
21	10LBS. WEIGHT PLATE	20
22R1	RIGHT PANEL FOR RIGHT MAIN UPRIGHT	1
22R2	RIGHT PANEL FOR RIGHT MAIN UPRIGHT	1
23L1	LEFT PANEL FOR LEFT MAIN UPRIGHT	1
23L2	LEFT PANEL FOR LEFT MAIN UPRIGHT	1
24	2 HOLES HINGES (pre-assembled)	2
25	3 HOLES HINGES (pre-assembled)	2
26	ADJ. KNOB	2
27	ANKLE STRAP	1
28	HAND STRAP	2
29	SNAP HOOK	2
30	SELECTOR PIN	2
31	CABLE	2
32	114mm PULLEY	4
33	90mm PULLEY	12
34	50 X 100mm OVAL PLUG	4
35	40 X 80mm OVAL PLUG	2
36	1" RECT. END PLUG	4
37	RUBBER CUSHION	4
38	1" BEARING	4
39	3/4" ID BUSHING (pre-assembled)	4
40	5/8" BUSHING (pre-assembled)	4



PARTS LIST

NO.	DESCRIPTION	QTY.
41	STEEL SHAFT	2
42	SHAFT SPRING ADJUSTER	2
43	SPRING	2
44	PLASTIC STUDS	24
45	C PIN	4
46	1/2" X 6" HEX BOLT	2
47	3/8" X 3-1/4" HEX BOLT	2
48	3/8" X 2-1/2" HEX BOLT	6
49	3/8" X 2" HEX BOLT	8
50	3/8" X 3/4" ROUND SET SCREW	8
51	TOP PLATE BOLT	2
52	3/8" X 1" INNER HEX SCREW	4
53	M6 X 40L ROUND HEAD BOLT	24
54	3/8" X 2" FLAT SET SCREW	2
55	3/8" X 1-1/4" FLAT SET SCREW	6
56	1/4" X 3/8" MALE SET SCREW	8
57	1/4" X 3/4" FLAT SET SCREW	16
58	M6 X 10L SET SCREW	16
59	5/16" X 1/4" SET SCREW	4
60	1/2" WASHER	4
61	3/8" WASHER	44
62	SPRING CLIP	6
63	1/2" NYLON NUT	2
64	3/8" NYLON NUT	20
65	LINK	2
66	3/8" ID BUSHION	4
67	M4 HEX WRENCH	1
68	M5 HEX WRENCH	1
69	M6 HEX WRENCH	1



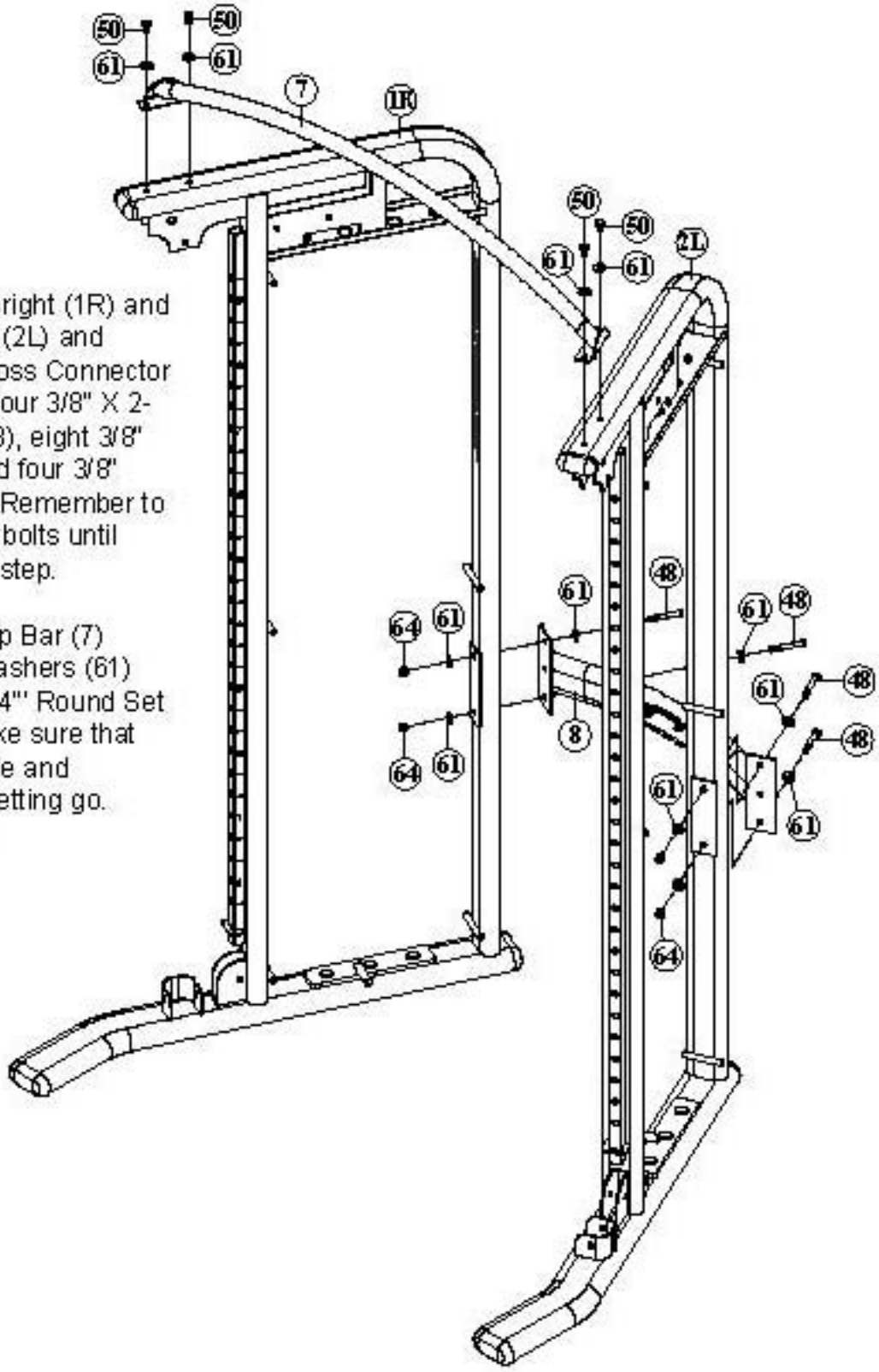


STEP 1 ASSEMBLE MAIN UPRIGHT

Assembly requires two people. Do NOT attempt assembly by yourself. Carefully unpack the pieces and lay them on the floor near the location you plane to use this machine. Professional installers are highly recommended. To ease assembly, DO NOT tighten any bolts until instructed.

1. Lift Right Main Upright (1R) and Left Main Upright (2L) and attach the Mid Cross Connector (8) to both using four 3/8" X 2-1/2" Hex Bolts (48), eight 3/8" Washers (61), and four 3/8" Nylon Nuts (64). Remember to only hand tighten bolts until finishing the next step.

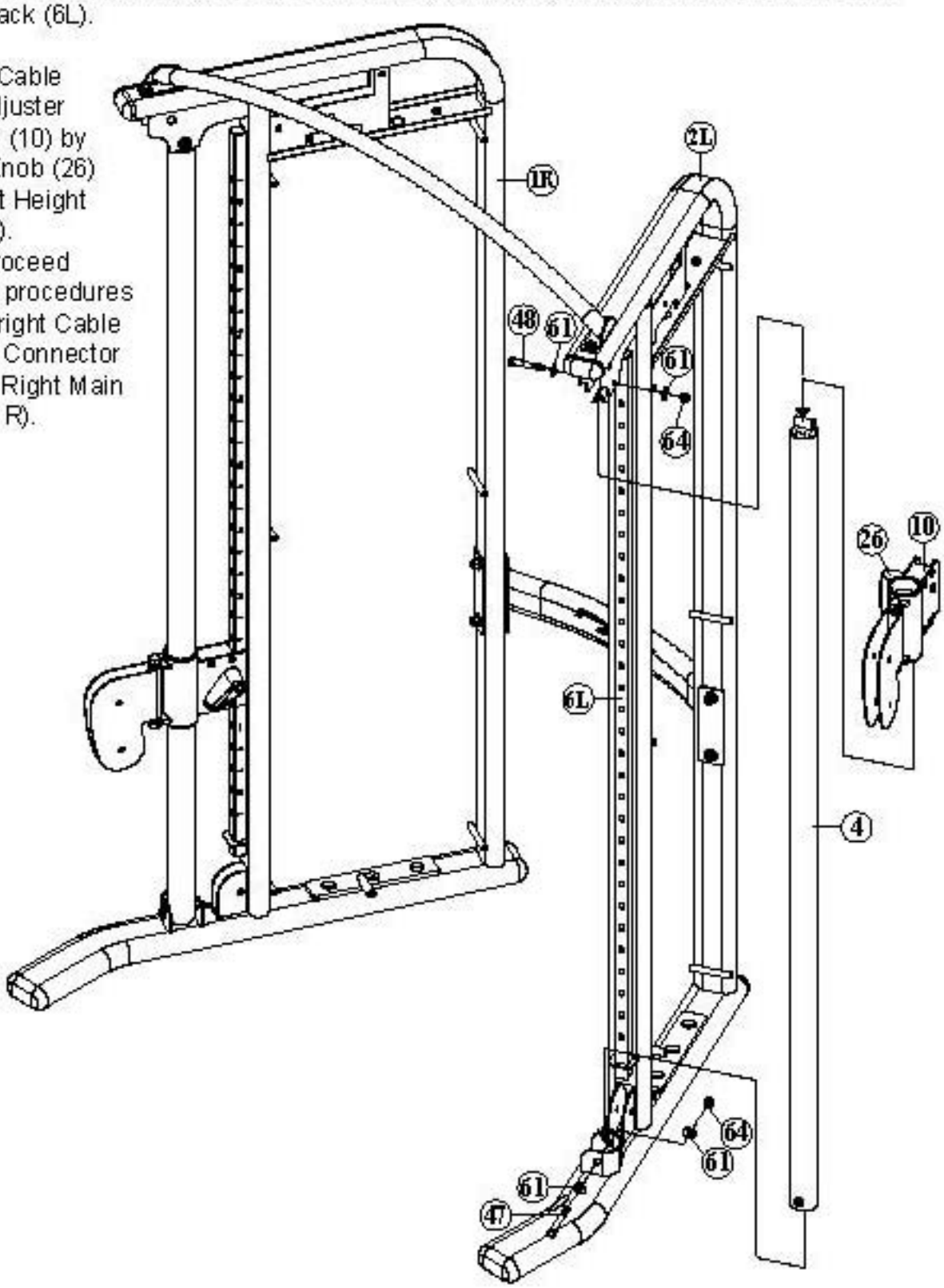
2. Attach the Chin Up Bar (7) using four 3/8" Washers (61) and four 3/8" X 3/4"' Round Set Screws (50). Make sure that Uprights are stable and balanced before letting go. Tighten all bolts.



STEP 2 ASSEMBLE MAIN FRAME

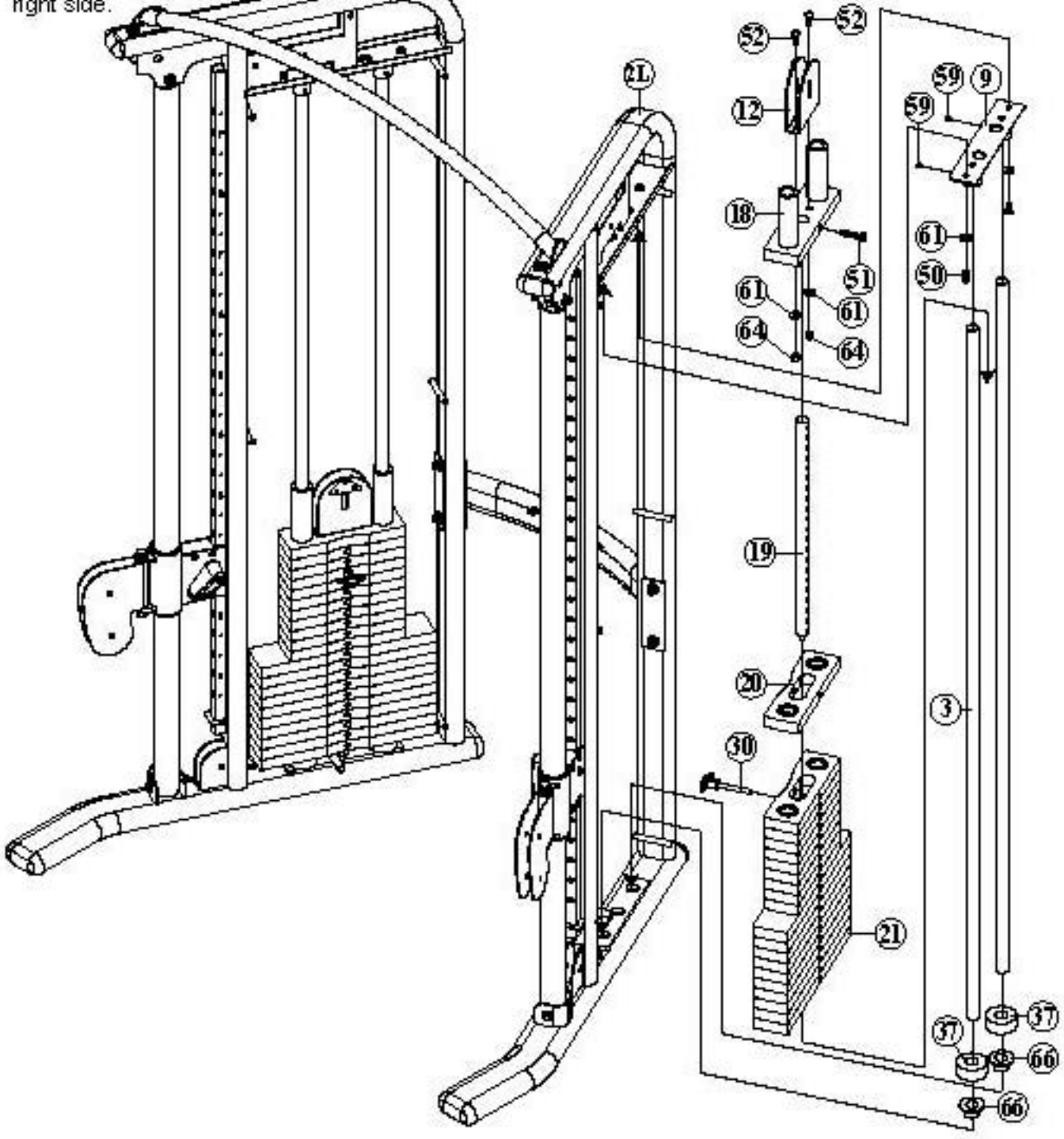
1. Slide Cable Height Adjuster Assembly (10) onto the Cable Adjusting Connector (4). Attach the Cable Adjusting Connector (4) to the base of Left Main Upright (2L), using one 3/8" X 3-1/4" Hex Bolt (47) two 3/8" Washers (61) and one 3/8" Nylon Nut (64) and to the top of the Left Main Upright (2L), using one 3/8" X 2-1/2 " Hex Bolt (48), two 3/8" Washers (61) and one 3/8" Nylon Nut (64). Make sure the Adj. Knob (26) engages the holes in the Left Height Track (6L).

2. Lock the Cable Height Adjuster Assembly (10) by the Adj. Knob (26) to the Left Height Track (6L). Please proceed the same procedures to attach right Cable Adjusting Connector (4) to the Right Main Upright (1R).



STEP 3 ASSEMBLE GUIDE ROD AND WEIGHT PLATE

1. Insert two plastic Guide Rod Holders (66) into the base of Left Main Upright (2L).
2. Slide a Rubber Cushion (37) onto one end of each Guide Rods (3), then insert the Guide Rods (3) into the Plastic Guide Rod Holder (66) in the Left Main Upright (2L) as shown.
3. Slide 10 each 10 lbs Weight Plates (21), then 10 each 5 lbs Weight Plates onto the Guide Rods (3). Make certain that each plate is oriented with the concave surface facing inside. Attach the Top Plate (18) to the Selector Rod (19) using the Top Plate Bolt (51). Slide the Top Plate (18) and Selector Rod (19) onto the Guide Rods (3).
4. Attach Top Guide Rod Holder (9) to the top end of Guide Rod (3) and secure to the top of the Left Main Upright (2L), using two 3/8" X 3/4" Round Set Screws (50) and two 3/8" Washers (61).
5. Attach a Pulley bracket (12) to the Top Plate (18) using two 3/8" X 1" Inner Hex Screws (52), two 3/8" Washers (61), and two 3/8" Nylon Nuts (64). Repeat the procedure for the right side.



STEP 4 ASSEMBLE CABLE AND PULLEY SIMULTANEOURLY

Assemble cables and pulleys simultaneously.

1. While simultaneously inserting the Steel Head End of one Cable (31), attach one 114mm Pulley (32), and one 90mm Pulley (33) to the Revolving Cable Bracket (11) using one 3/8" X 1-1/4" Flat Set Screw (55) and one 1/4" X 3/8" Male Set Screw (56) for each as shown in fig T1. Pull the cable tight so that the ball end rests against the outside of these pulleys.

2. Route the Steel Head End of the Cable (31) up and around a pulley (T2) mounted [using one 3/8" X 2" Bolt (54), two 5/8" Bushings (40) and one 1/4" X 3/8" Male Set Screw (56)] to the top frame of Main Upright as shown in fig T2. Continue routing the cable through the top frame, exiting at the slot for pulley T3. Mount pulley T3 using one 3/8" X 2" Hex Bolt (49), two 3/8" Washers (61), one Pulley Guide Bracket (13) and one 3/8" Nylon Nut (64) as shown in fig T3.

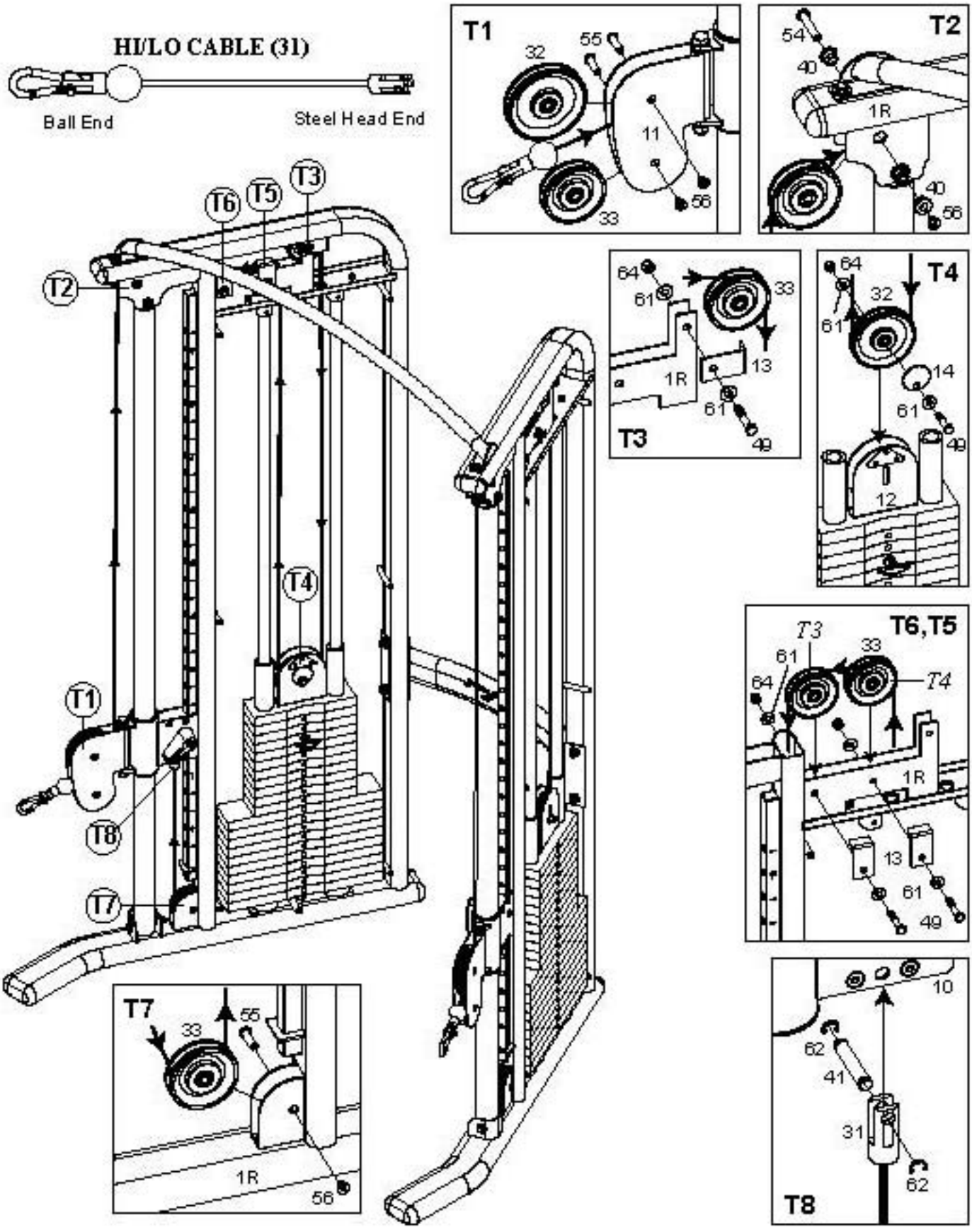
3. Route the cable down and around a pulley (T4) mounted to the Pulley Block (12) on the Top Plate (18) using one 3/8" X 2" Hex Bolt (49), one Cap (14), two 3/8" Washers (61) and one 3/8" Nylon Nut (64) as shown in fig T4.

4. Continue routing up and over two pulleys (T5 & T6) mounted to top bracket in Main Upright using one 3/8" X 2" Hex Bolt (49), two 3/8" Washers (61), one Pulley Guide Bracket (13) and one 3/8" Nylon Nut (64) for each.

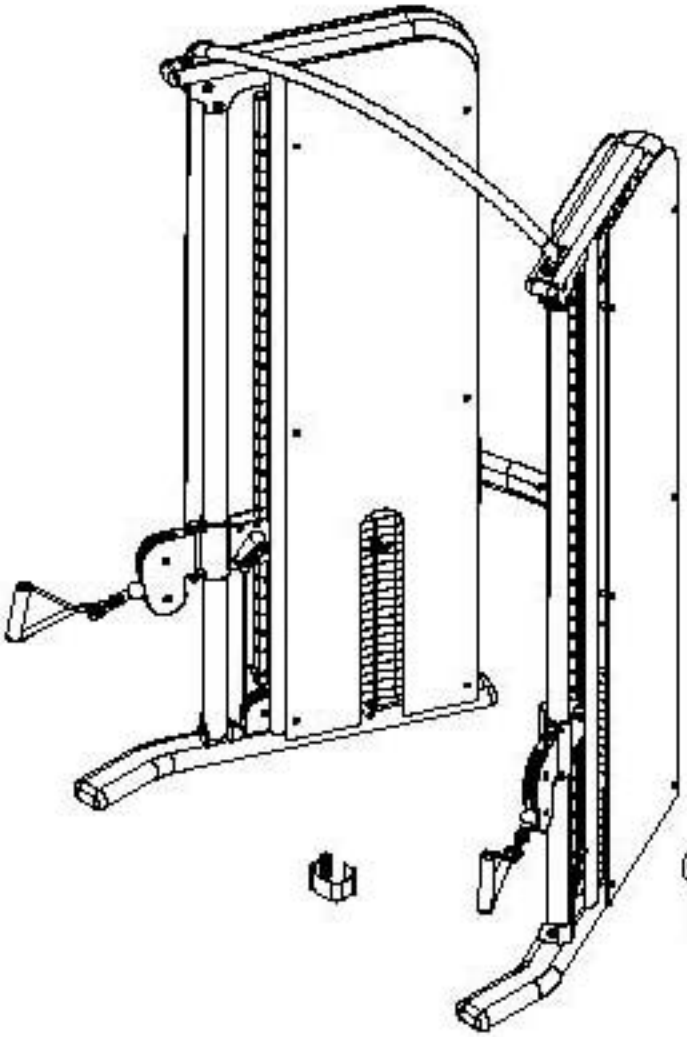
5. Continue routing cable down through the inside of the front tube to the Pulley (T7) mounted to the bottom of the Main Upright using one 3/8" X 1-1/4" Flat Set Screw (55) and one 1/4" X 3/8" Male Set Screw (56). Attach the steel head end of the cable to the Cable Height Adjuster Assembly (10) using one Steel Shaft (41) and two Spring Clips (62).

6. Repeat the procedure for the opposite side.

STEP 4 ASSEMBLE CABLE AND PULLEY SIMULTANEOURLY



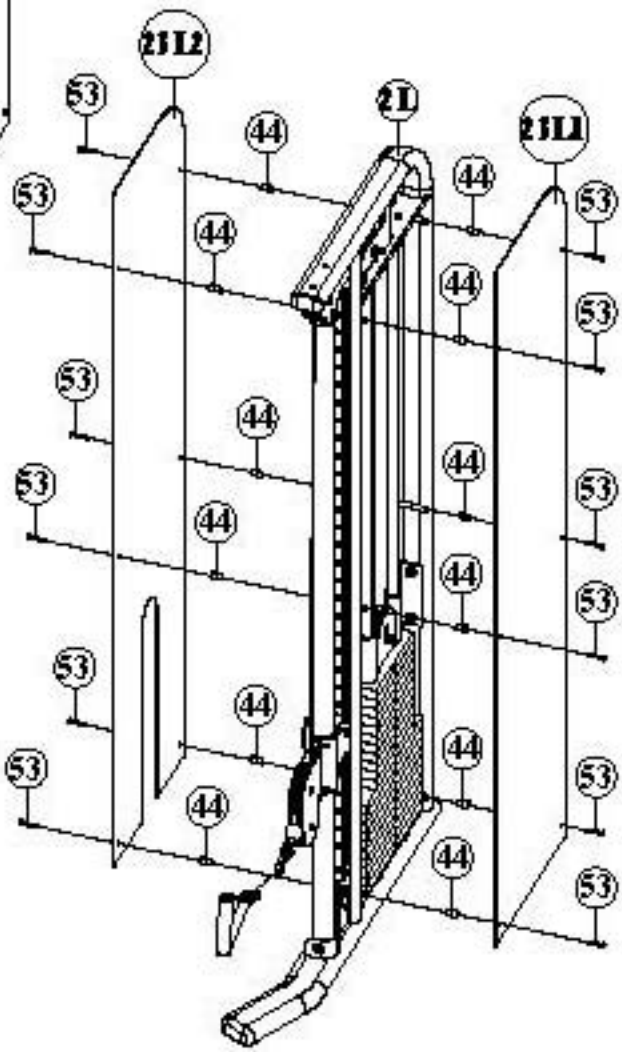
STEP 5 ASSEMBLE STEEL PLATE



1. Attach acrylic panels as shown using six Plastic Studs (44) and six M6 x 40L Round Head Bolts (53) per panel. Makes sure that panels with slot and printed weight stack numbers are applied to the inside.

Note: Do not over tighten! Over tightening will crack the panels!

2. Please proceed the same procedures to Right Main Upright (1R).



Assembly is complete! Please take the following steps before using the gym:

1. Make certain all bolts are tightened securely.
2. Make certain all cables are seated into all pulley grooves. A cable rubbing against steel will peel the nylon coating, voiding warranty and resulting in a need for replacement.
3. Pre-stretch the cables. Put the Weight Selector Pin (30) in the bottom hole on the weight stack. Pull on the cables with great force, helping remove any kinks and providing any initial cable stretch.
4. Be aware the cables can loosen and slightly stretch upon initial use.
5. The cables should be adjusted as tight as possible, but no so tight as to lift the Top Plate (18) above the weight stack. Be certain to secure the jam nuts after adjustments are made.
6. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the **Guide Rods (3).**
7. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the BodyCraft PFT Cable Gym. If you have any questions, please call your local BodyCraft dealer, call our customer service department at 800-990-5556 or at http://www.bodycraft.com.